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Can I Add Workouts for Specific Positions? (forwards, defensemen, goalies, prospects, etc.)



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a few seconds ago · Updated

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Yes!

In the event you would like to assign your program to a specific position within the system, you can use the updated athlete filtering in **CoachMePlus** to filter by any existing positions in the system and select to assign to any athletes assigned that position.

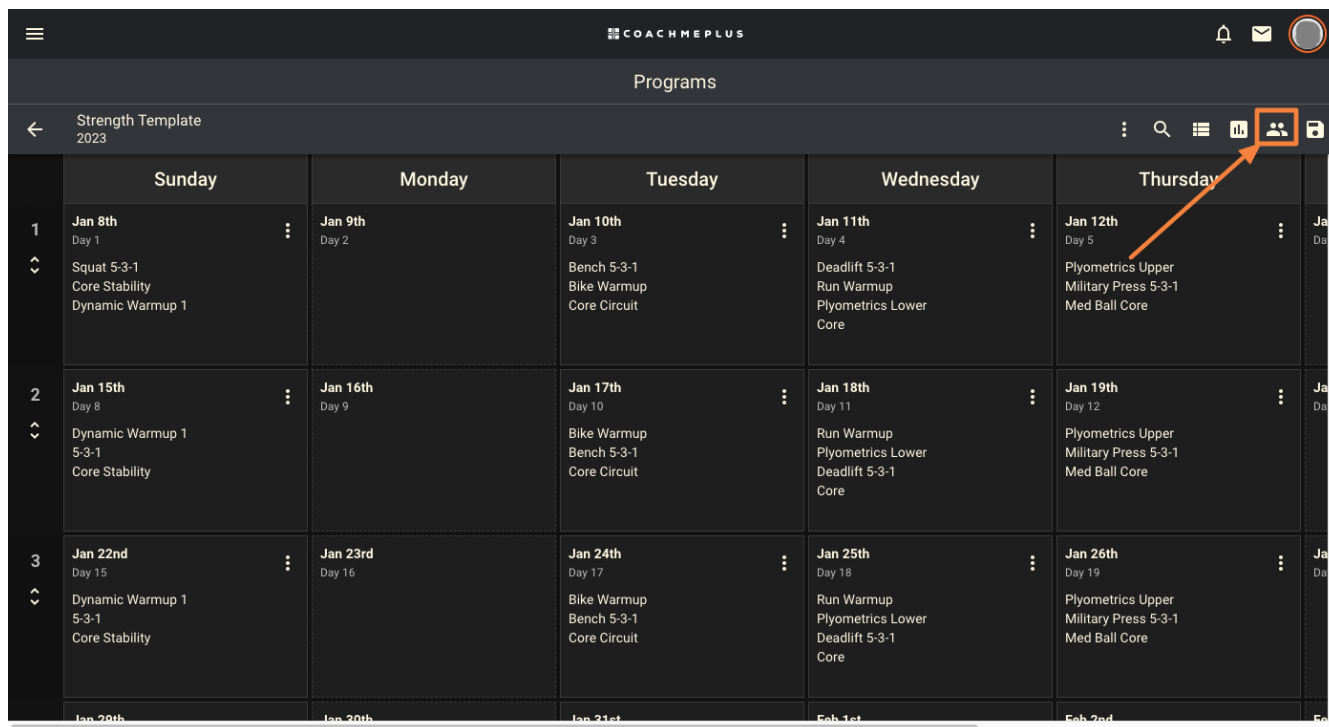
Please watch the following walkthrough video on this process:

As shown in the video, this feature allows you to easily assign programs to a particular group without having to search through a much larger team or training group. This article will guide you through the process of filtering your athletes by position.

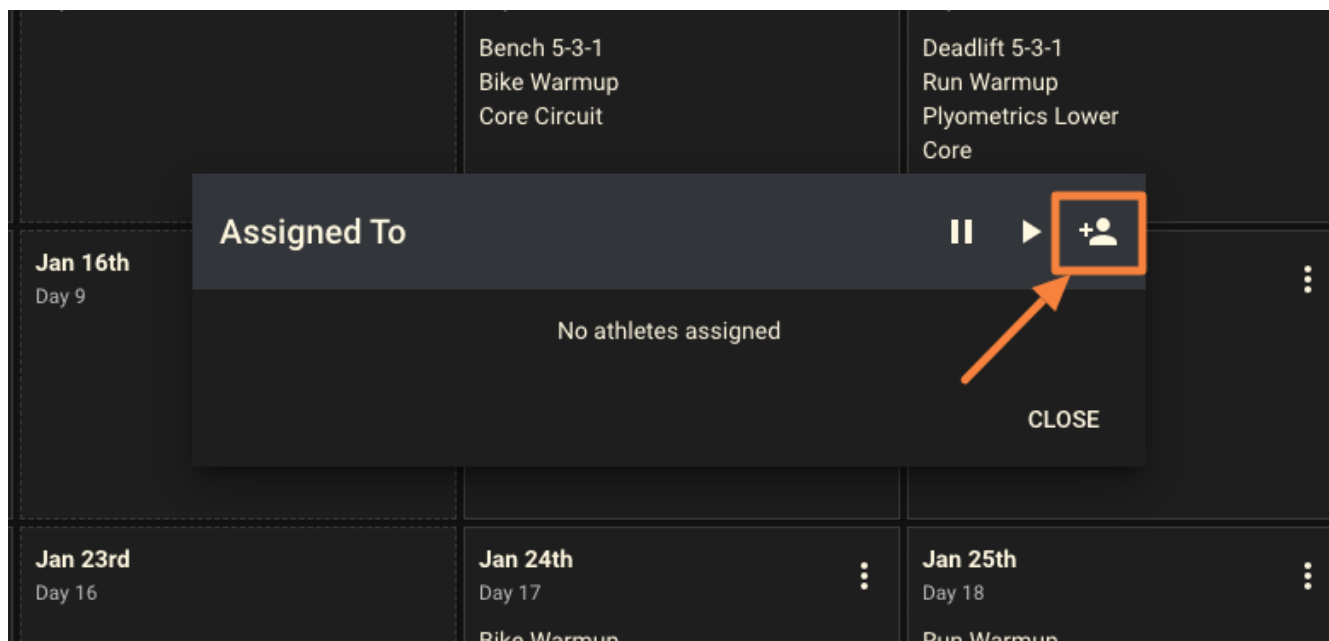
Step-by-step How to:

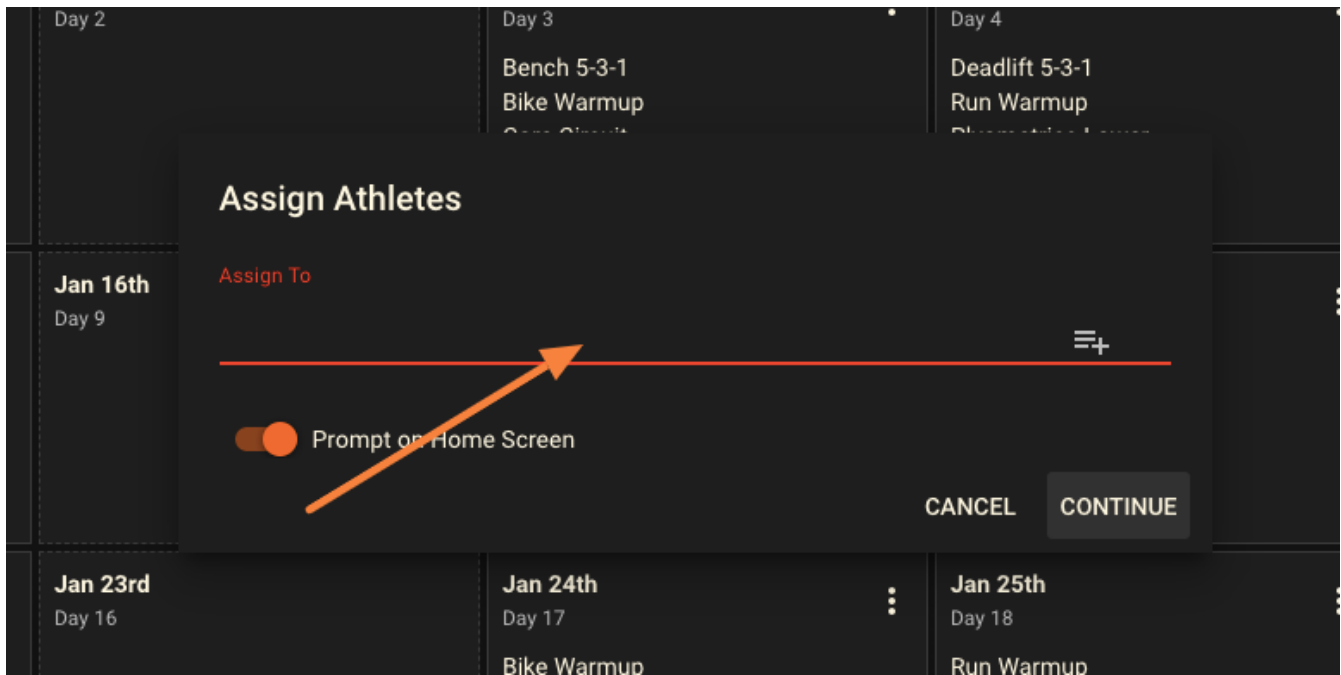
Step 1: Before assignment, ensure you have positions built in the system and that they are assigned to athletes. This is a custom addition that you can contact your support person to get going. Once a position is built, it needs to have athletes assigned to it for it to populate as an option in the assignment menu.

Step 2: Build your program and click on the **assignment button**:

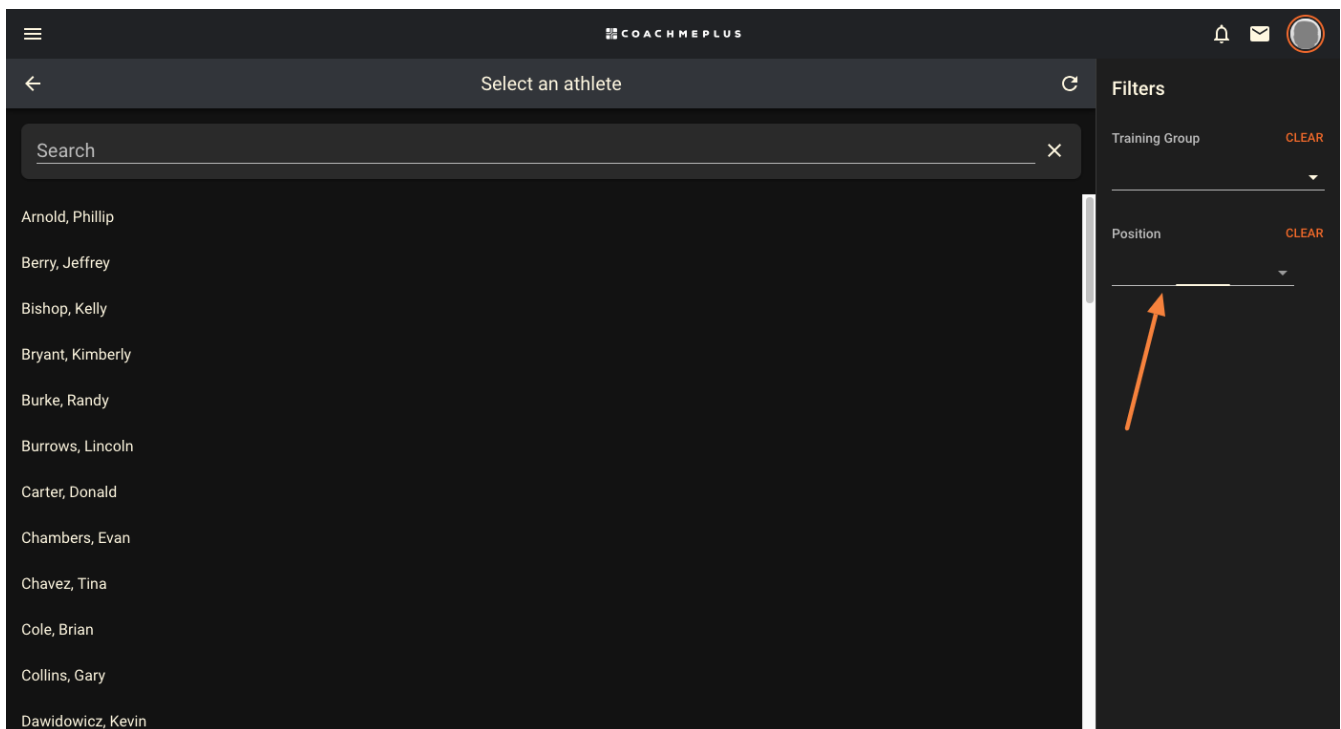


Step 3: Click on the add athletes button, then click on the line of the next dialogue box to bring up the athlete selection screen:

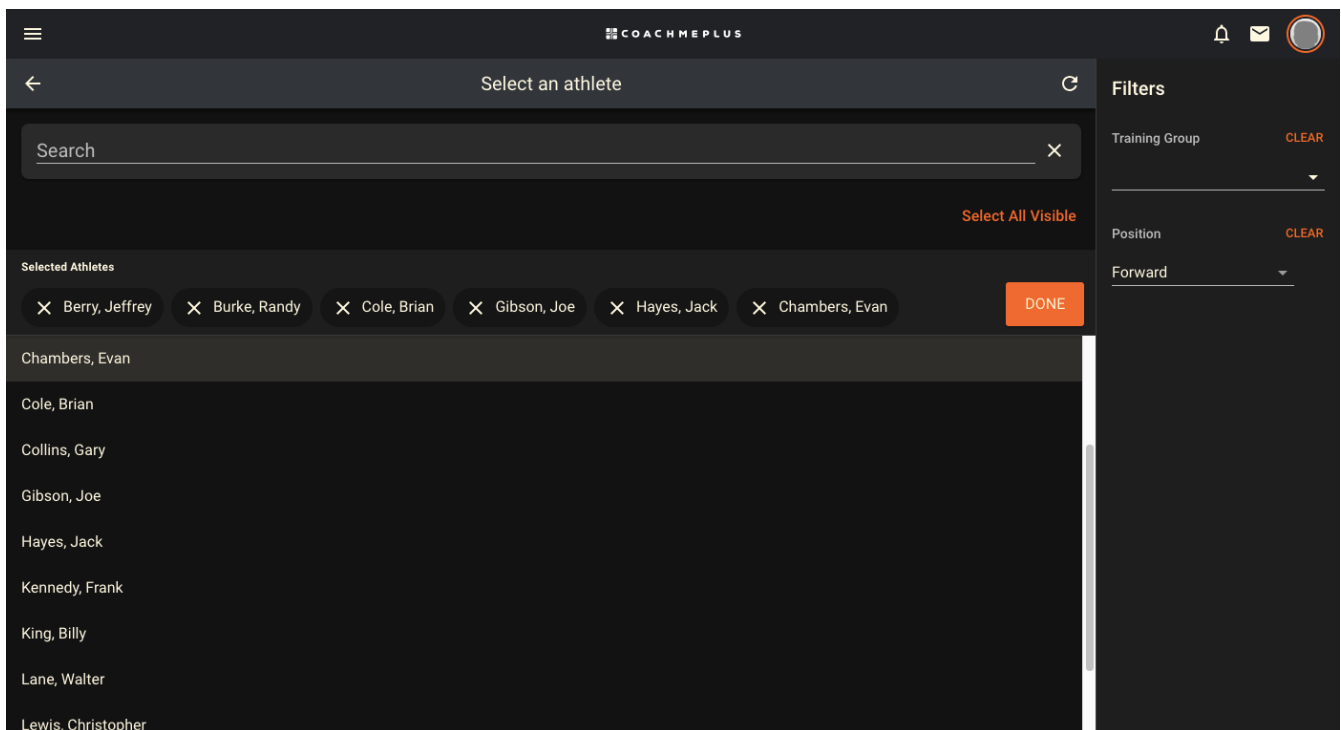
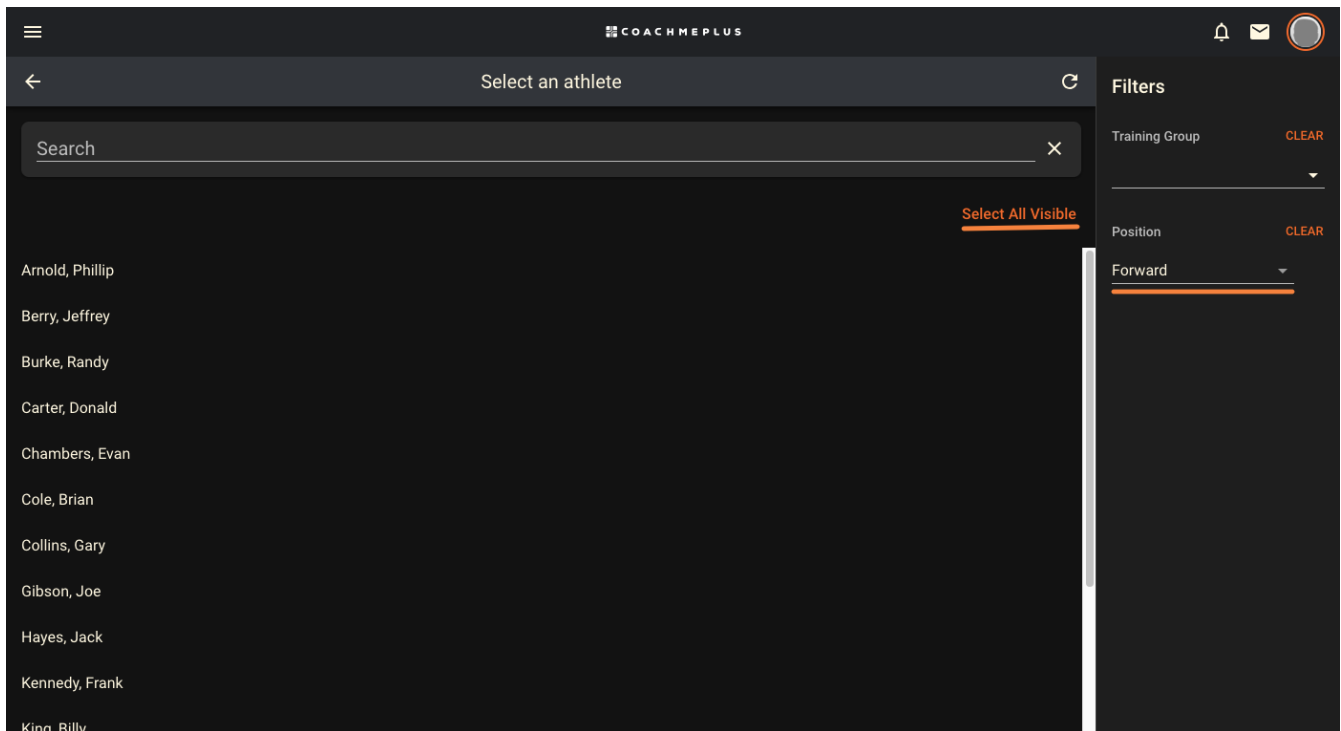




Step 4: Select the **Position** filter and select the position you wish to assign to:



Step 5: Here, you can either choose to **Select All Visible** to assign the program to everyone that has been assigned your selected position, or you can select individual athletes from this list and select **DONE**.



Step 6: Select continue and choose an assignment date as normal, and select **Assign** as usual and you are all set! You have just assigned a program to a specific position.

The screenshot shows the CoachMePlus 'Programs' interface. At the top, there's a navigation bar with a menu icon, the 'COACHMEPLUS' logo, and notification icons. Below is a header for 'Programs' and a sub-header for 'Strength Template 2023'. The main area is a calendar grid with columns for Sunday, Monday, Tuesday, Wednesday, and Thursday. Rows represent program days (1, 2, 3). A modal titled 'Program Assignment' is open, asking 'When should the assignment start?'. It has three radio button options: 'Today', 'Program's Default: Sun, Jan 8th, '23' (which is selected), and 'Specific Date'. Below these is a text input for 'Assignment Date' with a date picker icon. At the bottom of the modal are 'CANCEL' and 'ASSIGN' buttons.



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 No

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